

our Community's 2021 HIGHLIGHTS

It's the end of the year, a time of busy task closures, festive reunions... and peaceful reflections of this year's highlights! We should take this opportunity to appreciate how we've learned, grown, and achieved this year.

Let's reflect together as we share fellow personal 2021 highlights from some of our community's leaders!

GRATITUDE



Nina Giustiniani, PCC
Vice President

My best memory was **sailing with close friends and our three boys** in a squad of eight boats around the **Dodecanese Islands in Greece** this summer. The pandemic has put a lot of things in perspective and makes this experience even more special for me.

I am trying not to take anything for granted and am **grateful** for **feeling healthy and safe**, for my **close bonds** with family and friends, and for the **opportunities** life is giving me.

CREATIVITY

My personal highlight has been **finishing my *Choir of Brave Voices* book** of creative reflection and coaching/ supervision cards. **Publishing** is set to happen before Christmas, I am very excited!

My ICF highlight was **meeting the other members** of our ICF leadership team in person – some of us have been working together for almost two years and had never met face-to-face!



Gillian Walter PCC
Membership Engagement Director

PROGRESS



I was proud of our **adaptability** and enjoyed **connecting** with members face-to-face.

The ICF community in Zurich region became more active again – I have met **inspiring people with a true passion for coaching**. Besides the increasing number of events, I was particularly impressed by **the quality of conversations** during the events.

PASSION

I love **rowing on Lake Lugano** in good company- when you love what you do you don't feel the fatigue!



Similarly, we had **the first in-presence event** for ICF Ticino this year and it was great to be together after so long to passionately work on our professional development!



Elena Goos, PCC
Ticino Chapter Leader

TRANSFORMATION



Teresa Christen, PCC
Associate Board Member

My word of the year is **METAMORPHOSIS**- as a coach I ask myself **what would mine look like** and **what difference would that make?**

Well, magenta and turquoise and chartreuse clothes started appearing in my wardrobe. However, the most significant highlight of my metamorphosis was finally **turning truly outward**, after years of inward introspection, to community, work colleagues, neighbors and extended family, and to our ICFS team, **paying it forward with charity and gratitude**.

... what are your 2021 highlights?

